

Pain Management

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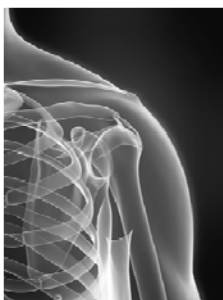
Pain Specialist

1. Role of Pain Specialist

1. Identify and modify pain generator

2. Goal of Pain Specialist

1. Improve Functionality and reduce suffering



Acute v. Chronic Pain

■ Definition

- Acute Pain – Pain that is temporary and results from something a specific cause, such as a surgery, an injury, or an infection.
 - Causes are known, understood and will resolve
- Chronic Pain – Pain that continues or recurs over a prolonged period, caused by various diseases or abnormal conditions.
 - Pain that lasts beyond the expected time for healing
 - Can occur from anatomic and/or physiological changes at the central nervous system

Evaluation Process

- What steps are involved in determining acute & chronic pain diagnosis?
- 1. Review History
- 2. Interview Patient & Perform Physical Exam
- 3. Review Diagnostic Studies
- 4. Make Determination of Acute or Chronic Pain

Goal – Improve functionality and reduce suffering!

Treatment Options



1. Physical Therapy
2. Medication Management
3. Interventional Procedures
4. Neurolytic Procedures
5. Other Specialist Referrals (if needed)
6. Implantable Devices

Physical Therapy

- “Use early and often”
- Compliments interventional procedures
- Improves functionality, movement, and range of motion
- Educates patient
- Can be continued at home



Medication Management



- Motto: "Start low and go slow"
- 1. Over the counter medications
- 2. Adjuvant medications
- 3. Controlled Substances

Interventional Procedures

- Injections
 - Administration of local anesthetic and/or steroids, by themselves, in and around the pain generator
- Modifications
 - Looking for changes in inflammatory process
 - Disruption/resetting of neuropathic pain generators



Neurolytic Procedures

- Neurolysis
 - Treatment of pain via destruction of a nerve responsible for it
 - You have to disrupt neuro outflow by killing or resecting section
 - Neurolytic procedures cannot be modified

Other Specialist Referrals

- Surgeons
- Neurologists
- Radiologists
- Psychiatrists
- Psychologists



Implantable Devices “Better Living Through Electricity”



- Stimulators
 - Spinal cord
 - Peripheral nerve
 - Field
- Pumps
 - Baclofen
 - Opioid
- Role of Mental Health Specialists

Managing Pain

- Early Intervention
 - Goal: Prevent acute pain from becoming chronic
 - Delay/disruption in care
 - Early referral to qualified pain specialist is imperative
- Continuity of Care
 - Chronic pain generally needs long-term care
 - Fractured care
 - Role of court appointed pain specialist

Expectations for Long Term Care

- How long am I going to have to pay for this?
 - Financial aspects of pain therapy
- Pain Specialist Treatment Theory
 - Utilizes the least expensive and least invasive procedures
- Costs for pain care
 - Surgical
 - Hospital
 - Office Based

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